



Music Activities

Activity 1: Phrase Completion

Aim:

- Increase attention
- Promote interaction

No equipment needed

Instructions:

1) Choose a familiar song your child enjoys. Sing a well-known section of the song, such as the chorus. Sit close to them and encourage them to tap along to the rhythm if they would like to. Sing a well-known section twice.

2) Next, sing it through again, and encourage tapping to the beat. Leave off the last word of the phrase for your child to complete:

e.g. *In the jungle, the mighty jungle, the lion sleeps tonight*
In the jungle, the mighty jungle, the lion sleeps _____

3) Give time for them to respond. Each child may respond differently. Responses may include: eyebrow movement, eye contact, head movement, or any kind of vocalisation.

4) Sing through again and leave gaps for your child to complete. Give verbal reminders if needed, by repeating the last two words before the gap. You can also encourage them to sing more by leaving a bigger gap.

e.g. *In the jungle, the mighty jungle the lion _____*
In the jungle, the mighty jungle the _____

Variations and opportunities for family involvement:

- involve siblings in choosing a favourite song
- encourage siblings to participate by taking turns to complete the phrase of the song
e.g. *In the jungle, the mighty jungle the lion sleeps tonight* (child 1)
In the jungle, the mighty jungle the lion sleeps tonight (child 2)



Activity 2: Home Orchestra

Aim:

- group activity to encourage interaction
- encourage attention
- free expression

Equipment Needed: (Household items)

- Saucepans
- empty carton boxes
- plastic bowls
- empty plastic bottles
- Tupperware
- wooden spoons
- cutlery (spoons, chopsticks, etc.)

Instructions:

- 1) Turn the saucepans, empty boxes and bowls upside down and use as drums
- 2) Use the wooden spoons and cutlery as drumsticks to play the home-made drums (pans and bowls)
- 3) Add rice, lentils and chickpeas in empty containers (bottles or Tupperware) to create shakers. Make sure to not mix rice, lentils and chickpeas, but to use each ingredient separately in each container, this will create a different sound for each.
- 4) Once you have your orchestra ready, improvise and play music freely

Variations:

- Add pre-recorded music to structure your playing if needed
- A conductor can lead the playing by instructing each musician to play quietly, loudly, fast, slow or to stop playing.

Activity 3: Sing-Along

Aim:

- free expression
- elevate mood

Equipment Needed: An electronic device with access to music (phone, tablet, computer) or a CD player

Instructions:

- 1) Take turns choosing songs and sing along together. You can find the lyrics using an online search engine.
- 2) You can also follow the melody using different sounds, instead of words (for example "la la la" "na na na" "ah ah ah").



Activity 4: Music listening with Rhythmic Stimulation

Aim:

- Increase attention
- Increase interaction

Equipment Needed:

- Music (from an electronic device, CD player, etc.)
- A saucepan or plastic bowl (to be used as a drum)
- Wooden spoons or chopsticks (to be used as drumsticks)

Instructions:

- 1) Play a song your child/children enjoy and keep a beat by clapping or using the kitchen musical instruments (saucepan/plastic bowl-drum; wooden spoon/chopstick-drumsticks)
- 2) Choose a second song but this time, pause it infrequently and encourage the children to stop playing while the music is off.

Variations:

- Encourage the children to lead the activity and be in charge of pausing the music.
- Instead of using recorded music, you can sing a song and stop infrequently. You can also play/sing faster, louder, etc., encouraging the children to copy your way of playing as well.
- Encourage one of the children to sing and lead the playing.

Activity 5: Music listening and Dancing

Aim:

- Increase attention
- Increase interaction
- Develop gross motor skills

Equipment needed:

- Music (from an electronic device, CD player, etc.)

Instruction:

- 1) Play a song your child/children enjoy and encourage them to dance.
- 2) Pause the music and encourage them to stop dancing, only continuing when the music starts playing again.

Variations:

- Encourage your child/children to copy your dance moves.
- Encourage one of the children to lead the activity by pausing the music and/or coming up with the dance moves.

Activity 6: Turn-taking on Tablet

This activity provides a meaningful way to interact without words. The music created by the suggested app is also very soothing, which can help support relaxation



Aim:

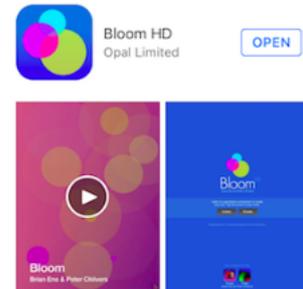
- to support understanding of cause and effect
- to facilitate turn-taking

Equipment Needed:

- Bloom HD app (available on relevant application stores)
- Tablet

Instructions:

- 1) Open the app and select the option 'create'
- 2) Select the small icon in the corner.
- 3) Select 'classic' mode. Increase the delay slider to maximum.
- 4) Select the 4 arrow symbol to expand Bloom back to full screen.
- 5) Explain to your child that you are going to take turns touching the screen to create music and model using a single finger to touch the screen.



Variations and opportunities for family involvement:

- Introduce siblings and other family members in the turn-taking activity, so your child has to wait for more people before they have their go.
- You can also explore this activity using some of the following apps:
 - Fingertip Maestro (very visually stimulating, keyboard sound. This app also has the option to record the activity, listen back, and save)
 - Harp Real
 - Other touch based music apps – there are lots of free ones available on the app store.



Activity 7: Breathing and Relaxation Exercise

Aim:

- to relax

Equipment Needed:

- Celtic Harp app (available on relevant app store)
- Tablet

Instructions:

- 1) Open app and create whatever key or scale you like (try something different each time to create some variety).
- 2) Explain to your child that this is a relaxation exercise and ask them to breathe in and out while following the music.
- 3) Carefully use your finger on the screen and slide it up and down in slow movements, breath in through your nose for approximately 4 seconds and breath out through your mouth for approximately 4 seconds.

Activity 8: Heavy or Sticky (tambourine)

(Bean and Oldfield, 2001)

Aims:

- improve coordination
- increase attention
- imagination

Equipment Needed:

- tambourine (if available) - any object could be used

Instructions (for a group):

- 1) Sit in a circle and pass the tambourine (or any other object) around, pretending that it is heavy, sticky, hot, smelly, etc.
- 2) Participants can say what the tambourine is going to be before acting it out, or allow other participants to guess.

Variations:

- If this is played between two people. The participants can sit opposite each other and guess what the person holding the tambourine is trying to act out.



Activity 9: Multi-sensory Activity

Aim:

- to provide multi-sensory simulation
- to work on visual tracking, localising to sound, and support use of fine motor skills

Equipment: see examples (incorporate tactile, visual and auditory stimuli together)

<i>Singing in the Rain</i>	<i>Blowin in the wind</i>
<ul style="list-style-type: none"> - use water spritz/drips on back of the hands and fast finger taps for tactile stimulation (rain) - water bottle full with glitter and dye for visual stimulation - use rainstick, shaker or ocean drum for auditory stimulation (present stimulus to different sides and observe any head turn responses) 	<ul style="list-style-type: none"> - use electric or handheld fan for sensory stimulation - use coloured ribbon attached to pencil or small baton to wave in front - use windchimes for auditory stimulation, run these over fingers, knees etc

Instructions: Sing or play a familiar song but use tactile and visual stimuli along with some of the lyrics.
 Eg.

EXAMPLE ITEMS THAT PROVIDE TACTILE STIMULATION:	EXAMPLE INSTRUMENTS:
Cotton balls Feathers Sand Velvet Paintbrush Warm/cool water Heating pad Fingers tickling/ Hand massage	Cabasa Ocean drum Cymbal Guitar Windchimes

Activity 10: Musical Apps

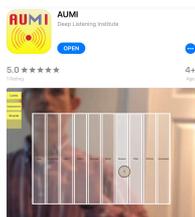
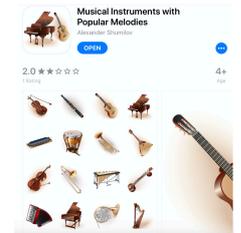
Aim:

- Elevate Mood
- Relaxation
- Ear-training

Equipment Needed: Tablet (such as iPad)

Application: Musical Instruments with Popular Melodies

Instructions: click on an instrument of your choice to familiarise yourself with new instruments and their melodies.

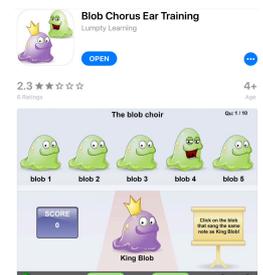


Application: AUMI

Instructions: This app uses the camera to track your movements and play music accordingly. You can change the instruments and sounds as well as the colours and tracking shapes on the screen.

Application: Blob Chorus

Instructions: A fun way to train your ear to recognise different musical pitches. The game will ask you to recognise which “blob” sang the same note as “King Blob”. You can add and remove “blobs” by clicking on options on the lower part of the screen. The more blobs, the harder the game! When a blob is chosen incorrectly, it will spatter; when a blob is chosen correctly it will gain a halo, as shown in the picture below.





Application: Singing Fingers



Instructions: This app allows you to record yourself as you draw on the screen. You cannot control the colours, however, the louder your voice, the thicker the lines! A great game to encourage vocalisations!

Application: Fingertip Maestro - Learn piano chords, play amazing guitar.

Instructions: This app can be used for turn-taking activities and musical conversations. Simply tap the squares to make music.



Application: Bloom

Instructions: Create relaxing sounds by touching the screen. Watch the circles fade out and repeat. This app gives you the option to play or listen to relaxing music. If you would like to listen to this for a specific amount of time while doing other relaxation activities, you can set a timer by pressing the small icon in the corner and then the clock icon. Choose how long you would like to listen to it for and press start. It will stop playing when the count down is finished. The app also has the option to play in the background while you continue to use your tablet for other tasks. In order to do that, you click on the small icon in the corner (after clicking on "Create" or "Listen"), and then click on the gear icon (this would be next to the clock icon), and activate "Play in background".

